QC

FASHION: Edgy rocker style influenced by music career **P. 2**

CITY FACES: The woman behind City Saskatchewan's arts and culture programming **P. 12**

ON THE SCENE: Our best shots from Kinsmen Telemiracle 38 **P. 14**



BECAUSE OF THE 'Y'

MELISSA COOMBER-BENDTSEN IS A STRONG LEADER IN OUR FAST-GROWING YMCA

P. 6

FREE

FASHION

Do you have fashion advice to share with our readers?
Email us at qc@leaderpost.com

SASKATCHEWAN STYLE

Lindsay Adams:
Her high-energy, metallic rock style

By Michelle Berg

As the front woman of the band The Department Heads Lindsay Adams chooses to wear clothes that are flashy and fashionable

She describes her style on stage as exaggerated metallic sexy and over the top

"When you're in a high-energy rock band and you're fronting it you have to be high energy"

Adams is a big fan of finishing pieces including vests blazers belts and scarves

"That's what takes your outfit from ordinary to extraordinary"

She draws her fashion sense from the women that surround her

Her group of friends meets up with bags of clothing drinks wine tries on each other's stuff and trades up Anything that isn't taken home is brought to the Salvation Army

"The more people you invite the better Different body types age groups"

Adams is inspired by the 1930s style because back then it was still OK to have hips

"When I look at the world around me anything other than being warfish is unfashionable so I have to seek other decades where that isn't the case"

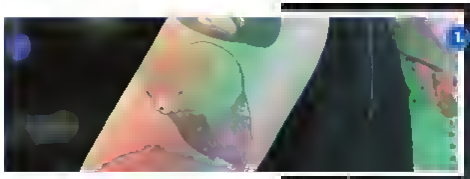
The Rosebud Burlesque Club performance group is a big inspiration to Adams for that reason

You can find Adams searching the racks for hidden gems in thrift stores around the province It's her favourite thing to do with her mom

"I love to look good for very little"

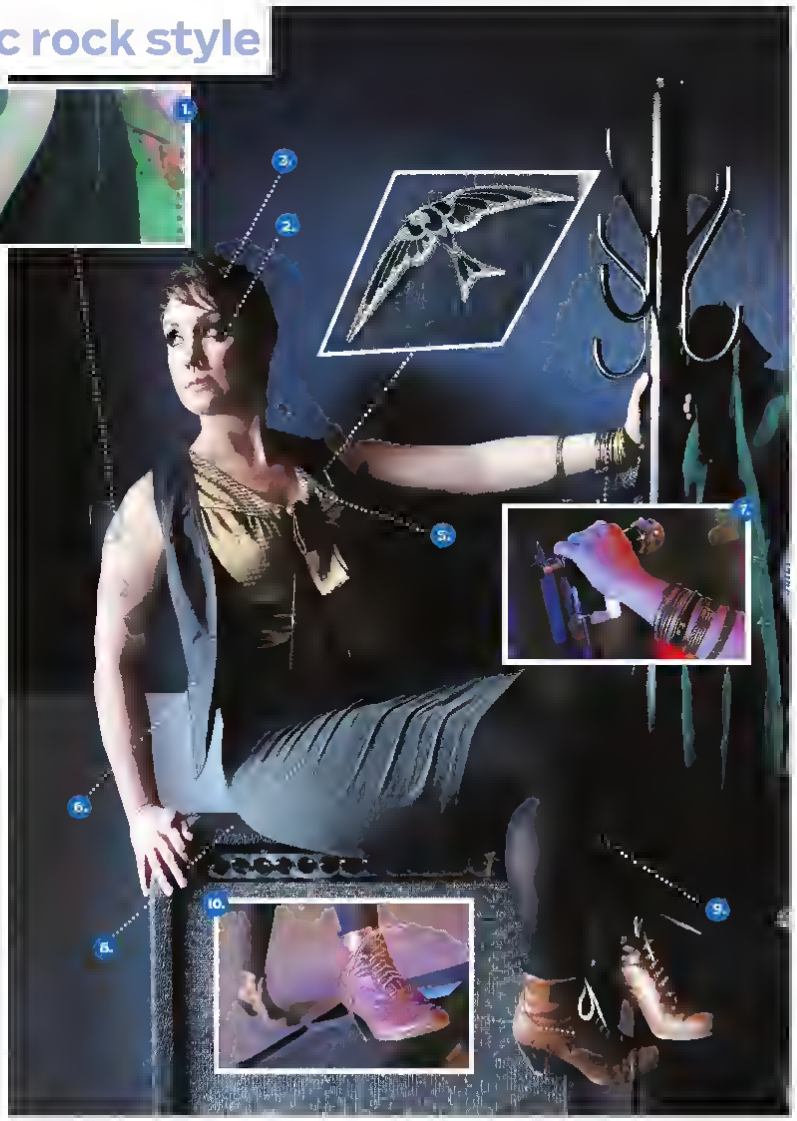
Along with Adams' electric eyes and Joan Jett hairdo she is also recognized for her killer bacon and eggs tattoo

She has three food tattoos commemorating the three years she went to cooking school — the other two being cherry pie with ice cream and corn on the cob with butter



Outfit:

1. **TATTOOS:** Bacon and eggs cherry pie with ice cream and corn on the cob with butter Former Red Seal chef turned tattoo artist Chris Ivans from Ink Addiction
2. **EYE MAKEUP:** Mac Makeup counter in the Bay
3. **HAIRCUT:** Spectrum Salon hair stylist Shelby Gaudet "Powder Blue lead singer and guitar player I admire her style. I got my hair cut this week and wanted to look like Joan Jett"
4. **BROOCH:** Gift from best friend Margie
5. **GOLDEN SHIRT:** Opportunity Shop YWCA charity "It's always a gold mine"
6. **VEST:** Salvation army in Kamloops B C
7. **JEWELRY:** From different thrift stores "I assure you my underwear wasn't purchased from a thrift store"
8. **SKIRT:** Clothing exchange
9. **TIGHTS:** Drugstore
10. **SHOES:** Salvation Army Thrift store in Calgary (her mom found them)



QC PHOTOS
BY MICHELLE BERG

INDEX

ON THE COVER P. 6



All fitness classes at the YMCA are taught by volunteers in the community QC PHOTO BY MICHELLE BERG

TABLE OF CONTENTS

FASHION — 2
Lindsay Adams draws fashion inspiration from her rock career

IN THE CITY — 4
A moment in time: our best shot of the week

MY FAVOURITE PLACE — 5
A.E. Wilson Park attracts diverse wildlife

COVER — 6
Melissa Coomber-Bendtsen is a strong leader in our fast-growing YMCA

PARENT TO PARENT — 11
How did you choose your child's daycare or babysitter?

CITY FACES — 12
The woman behind City Saskatchewan's arts and culture programming

READ MY BOOK — 13
A look at The Garden Way of the Cross by Louise Tessier

ON THE SCENE — 14
Our best shots from Kinsmen Telemiracle 38

OUTSIDE THE LINES — 15
Artist Stephanie McKay's weekly colouring creation

EVENTS — 16

CROSSWORD/SUDOKU — 17

SHARP EATS — 18
Sask. comic Jody Peters explores the region's hidden food gems in The Prairie Diner

WINE WORLD — 19
Warm up a cold commute with Ikella Cab. Sauv.

ASK ELLIE — 2D

MY FAVOURITE PLACE P. 5



Ingrid Alesich loves the wildlife in A.E. Wilson Park. She also appreciates that the Wascana Centre Authority has maintained natural plant species and planted fruit trees in the park. QC PHOTO BY DON HEALY

QC COVER PHOTO BY DON HEALY

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IN THE CITY

SUNDAY, MARCH 2 — 11:20 A.M.

Right out of a fairy tale



The South Saskatchewan Cystic Fibrosis Chapter held a very special event at the Hotel Saskatchewan on Sunday. Dreams Come True: A Children's Royal Ball attracted more than 300 children aged 2-12, all dressed as their favourite fairy tale character. Along with their parents, they were treated to a royal luncheon, appearances by fairy tale princesses and a special performance by Snow White and the Seven Dwarfs. These little princesses worriedly watched Sleeping Beauty. Prince Charming did eventually show up to wake her. QC PHOTO BY BRYAN SCHLOSSER

YOUR FAVOURITE PLACE
QC wants to hear about your favourite place in Regina. Email **qc@leaderpost.com**

MY FAVOURITE PLACE

Nature lover discovers A. E. Wilson park



Ingrid Alesich enjoys a view of the nature in A.E. Wilson Park, her favourite place in Regina. QC PHOTO BY DON HEALY

By Rikkeal Bohmann

Ingrid Alesich has been a nature lover since she was a young child, and has been part of Nature Regina for six years. She found A.E. Wilson Park when she was riding her bike on the trails. She loves the park for the diverse nature she can find in the area.

Q. *How did you discover A.E. Wilson Park?*
A. I actually discovered this park because I used to ride my bike down the Devonian Trail. I can remember riding my bike over the bridge — of course that's summer. There are cedar wax wings in the summer, all kinds of things, about 156 species. As you get closer to the lake, then you have all the aquatic species.

Q: *What are some kinds of wildlife that you would find in this park?*
A: This has all been planted by Wascana Authority, which is great because they have planted food trees, berry bushes and fir trees. If you have the right ecosystem, you're going to have animals and birds. They can use it as a habitat.

Q: *What would be the best season to come to the park for wildlife?*
A: Definitely spring, but we just drove in and saw partridges.

Q: *In winter what else can people expect to see out here?*
A: There would be lots of woodpeckers. The two species that you see in this park would probably be the Downy and the Hairy. The Hairy is bigger. It doesn't sound like a very nice name, but it has a bright spot on the back of its head and it's got the beautiful black and white dots on its wings and they're very pretty. You can usually hear them knocking on the dead wood or somewhere they can find insects, where even in the winter time you can find some creeping around. Especially the deciduous trees, the woodpeckers really like those.

Q: *What started your love of nature?*
A: When I was a kid, I grew up in Australia, in Tasmania. I lived in a small town and I used to walk to school, down a little creek. Of course, near the creek, there was tons of wildlife, because wildlife needs water. The kookaburras, a big group of them, would be up in a tree making a hell of a noise. And the galahs in Australia, these great, big, white birds that have bright yellow on the top of their heads — and there were all kinds of little kangaroos. I just loved the Australian bush. I spent so much time there when I was a little kid.

Q: *What do you love about this park?*
A: It's huge and the diversity. I love how the Wascana Centre Authority has blended it with nature. There are still some natural species of plants — and I love the fact they've planted fruit trees. They should do more of that in Regina.

ON THE COVER

I feed off that sense of responsibility.
—Melissa Coomber-Bendtsen

HEALTH

The faces of the new YMCA



Melissa Coomber Bendtsen is the general manager of community development and childcare at the YMCA in Regina. QC PHOTO BY DON HEALY

By Jenn Sharp

You'll definitely notice the noise in Melissa Coomber-Bendtsen's office in Regina's downtown YMCA. Loud footsteps pound overhead. She gestures to the roof and smiles warmly, bouncy blonde curls framing her face.

"At noon, it's like the entire ceiling is going to fall down. You can tell if people are heavy runners, too,' she laughs.

It's the sound of success for Coomber-Bendtsen, the Y's manager of community development and childcare programs. All of those footsteps are coming from the cardio area, the treadmills are right above her office. Regina's YMCA has one of the most popular gyms in the city, with more than 10,000 members, but the noise represents even more. At 30 staff members, the Y has a large community development department that includes contracts to administer government funds to other organizations.

At Saskatoon's YMCA, Dean Dodge greets patrons as they walk by. His modest office. Dodge became CEO in September after a long career at Regina's Y and as a Grade 8 teacher. The Saskatoon Y lags slightly behind Regina in both memberships and community development programs, but that's something Dodge wants to change.

He'll focus on new Canadians and childcare, while promoting the Y's healthy communities mandate.

"There's a very strong need in Saskatoon of programs and services for older youth/young adults to make sure they're living healthy lifestyles," he says.

He'd like to see more fitness options for other cultures, and find a way to welcome recent immigrants.

The YMCA started in Montreal in 1851. It was originally a Christian association for young men to study various pursuits. By the time the Regina Y was founded in 1906 and Saskatoon in 1908, it was offering men's fitness programs. But times change, the national YMCA has evolved with a range of community specific programming.

NATURAL LEADER

Coomber-Bendtsen seems destined to work at the Y.

She started out as a teenage lifeguard, then moved on to camp director at Camp Ta-Wa-Si. A born leader at 21, she managed a summer staff of 40.

> The camp was the first place that I felt valued and trusted
> — *Dean Dodge*



Jordan's kettlebell class at the Saskatoon YMCA. CEO Dean Dodge, centre, says he benefited from a Y camp sponsorship program when he was a child. QC PHOTO BY MICHELLE BERG

"I feed off that sense of responsibility," she says.

After getting an education degree and teaching for a year, she came back to the Y in 2002. Soon, she was the community development and childcare manager.

Twelve years ago, the department had a $200,000 annual budget. Today, the budget is more than $6 million. It operates five childcare centres and 21 before- and after-school programs. The rest of the programs run the gamut from prenatal classes and postnatal support groups to aboriginal leadership, homelessness and housing strategies. A community café serves as an employment program that provides food to all the childcare centres.

The 34-year-old meets frequently with city officials and government policy makers, advocating for funding, making presentations, leading discussion and promoting the Y's work.

She doesn't get intimidated easily. Without the slightest hint of arrogance, she smiles and says, "I'm the expert."

She's the type of person who makes you feel instantly at ease, yet when she's fired up about a cause, there's no stopping her.

"I have things to say and they need to listen. We do the work for them and we also give them that impact so they can talk about (what's) happened in their community. But it's us who's doing that (work) and giving them those stories."

ACTIVE BODIES

Dodge's focus on health and fitness goes back to a childhood of fond memories at YMCA summer camps and swimming lessons.

"I was very lucky to have people (in my life) that believed in youth having positive activities."

Continued on Page B

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> Her approach has always been to believe in the people she hired. And that's a pretty cool feeling as an employee.
> — *Devlin Williams*

Now, he wants to provide those same activities to children in Saskatoon, like the Y's sponsorship programs. The Strong Kids Campaign raises money to send hundreds of local kids to camps and youth programs and provides subsidized family gym memberships.

As a boy, Dodge benefited from a Y camp sponsorship program. His single mom was raising three boys and didn't have a lot of extra money.

"The camp was the first place that I felt valued and trusted and was able to really develop and express who I was," says Dodge.

Like Coomber-Bendtsen, Dodge also worked at Y summer camps. In 1992, he joined YMCA Canada on an international youth exchange to Thailand, where he learned how the Y operates globally.

"That really changed my view and increased the value in my mind of the Y. Not everyone needed the camp experience or swimming lessons, but the other things that the Y can provide."

It also led him to realize he should work for the Y. He worked in youth/leadership programming for the Regina Y in 1993. Since then, his career has always been about youth. He taught Grade 8 for a number of years in Regina as well.

"I found myself using the Y values of respect, honesty and responsibility. We always focused on healthy living, especially for the girls," he says of his years as a teacher — teenage girls often stop being physically active as they enter high school.

"We wanted to make sure they knew it was fun, they were good at it and there were many ways to do it — not just sit-ups and push-ups. We did a wide variety of things."

Female students also needed more encouragement in math because a lot of them were saying they weren't good at it or didn't like it.



Melissa Coomber-Bendtsen with her community development staff at the YMCA in Regina. QC PHOTO BY DON HEALY

Dodge says pop culture doesn't help either. A T-shirt for young girls caused some controversy last year because of its message.

The T-shirt listed school "subjects" with boxes beside. Playing, makeup, Barbies, math. Math is the only box unchecked. A slogan at the bottom reads, "Well, you can't be good at everything."

Dodge ruefully shakes his head. "It's a self-fulfilling prophecy. There's no reason (for it). That drives me nuts."

Similarly, he says his male students often struggled with reading and writing, subjects he strove to make appealing for them.









That really brings to the front of the Y that we're about healthy people and getting everyone involved
— *Dodge*



Director of member services Megan Radu serves up some squash soup during the YMCA Saskatoon's Strong Kids kickoff event. QC PHOTO BY MICHELLE BERG

COMMUNITY WORK

Coomber Bendtsen is always searching for new programs but she also makes sure the Regina Y isn't duplicating services. Through that process, she's realized the Y is not and should not be the "experts." The Y partners with a huge amount of non profits in the Queen City.

"We're generalists in our department," she explains, pointing to the childcare and men's shelters they run. "(And) we set ourselves up to be a support network for other community organizations."

Devlin Williams oversees the Y's homelessness partnering strategy. He's also a longtime YMCA employee and a former Camp Ta-Wa-Si counsellor, which is where he first met Coomber-Bendtsen.

'She'll look at something and say, 'It doesn't fit. We don't want to stretch ourselves too thin.''

Of all the Y's programs, Coomber-Bendtsen says the aboriginal leadership one has had the biggest impact.

"I've seen the kids participate in it and really change the course of their life in a way that has allowed them to take on opportunities."

The drop-in program for 12- to 18-year-olds runs twice a week during the school year. Along with leadership, personal and work skills development, there's a cultural part on two reserves where students go for sweats or to talk to an elder.

The program starts at 6:30 p.m. but they'll often come right after school to work out, go on the computers and hang out with staff.

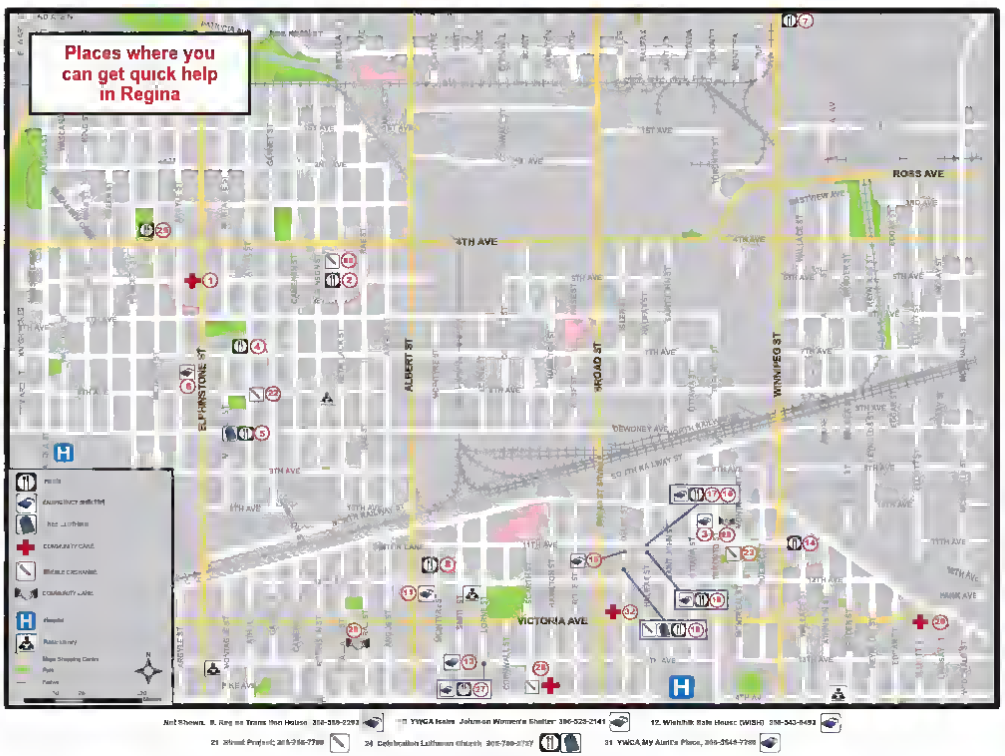
"It isn't the easiest group to work with, and lots of them are very transient. But they always just seem to come back here. That sense of belonging (the kids have) here is something I'm very proud of," says Coomber-Bendtsen.

An outreach program runs in Albert School in Regina's North Central neighbourhood. Y employees work with small groups of kids on their academic and social skills while teaching them about nutrition. They even go swimming once a week.

"We try to bridge the gap between parents and school and making sure we're building those relationships," says Coomber-Bendtsen.

Continued on Page 10

> It's looking at the way we can collaborate and partner with people.
> — *Coomber-Bendtsen*





The Regina Survival Guide and Map was created by Marc Spooner, a University of Regina education professor, who collaborates with the YMCA on its homelessness partnering strategy. The map, which can be accessed at www.reginahomelessness.ca, lists locations for food, emergency shelter, free clothing, community services, health clinics and needle exchanges. MAP COURTESY MARC SPOONER

BUILDING A HOME

The Regina Y's homelessness partnering strategy has been a success. The Y administers federal government funds to front-line organizations. They also advise and help with hiring and building partnerships. All the resources, including a street survival guide map, are available at www.reginahomelessness.ca.

"So instead of taking money and building another shelter, for example, instead we'll fill this other role to help support smaller community organizations who do that work already so that they can build a shelter and continue to build strength."

This way of thinking has been a shift for Coomber-Bendtsen who has seen the majority of her work move from front-line programming to the Y's supportive role. It's a model Dodge will follow while implementing community development programs in Saskatoon.

"It's looking at the way we can collaborate and partner with people," she says.

The Regina Y's 30 staff members in community development are a young group, but they form a highly skilled and educated workforce passionate about making a difference.

At Camp Ta-Wa-Si, Coomber-Bendtsen's skills, talents and personality were valued — bosses looking to hire young people should take note.

"When that sense of value is there, the possibilities are endless. It's not anymore about how much we get paid working in a non-profit, there's something more there. It's really empowering."

"Her approach has always been to believe in the people she hired. And that's a pretty cool feeling as an employee — to have an employer who feels like you have the skills and ability to run a program effectively without a lot of micro-management," says Williams.

In Saskatoon, Dodge is settling into his new role and taking stock of what best suits the community and how the Y can fulfil that role. He points to the Regina Y's second location in the city's northwest, saying there's potential for that in Saskatoon. While the Y will always adapt to fit its neighbourhood, "We need to be an anchor in the downtown."

Talks for either a reno or a new building are happening, but the shape it will take has not been confirmed. He knows more childcare spaces are needed and says a new building would make that task easier.

That's probably the best way to reinvigorate the downtown and the health of this area. Childcare downtown is underserved," he says.

The Saskatoon Y's childcare centre will soon be moved to a new building on 20th Street, a partnership between Read Saskatoon and the Kinsmen Club. Dodge says the holistic, community-centered approach of this project is a perfect fit for the Y.

"Saskatoon is changing in a huge way and we need to change with them," he says.

In the meantime, Dodge will strengthen all the health and fitness programs providing more options for classes, additional equipment and functional training. He'd like it to be the first thing visitors see.

"That really brings to the front of the Y that we're about healthy people and getting everyone involved."

jksharp@thestarphoenix.com
Twitter.com/JennKSharp

NEXT WEEK: What are your thoughts on breastfeeding? Do you judge moms who don't? **Email QC@leaderpost.com**

PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

How did you choose your child's daycare/babysitter?



"Daycare was chosen by location and availability. We tried a private babysitter, but it was just not reliable enough and daycare was the best option. The daycare has turned out to be the best place for the kids. So much structured activity and plenty of staff to keep an eye on everything!" — Carla Contreras

"Twice on Kijiji — once we placed an ad for a nanny and other time we looked at posted ads for home daycare. Both times were very successful." — @QCbusdude via Twitter

"In the past when we used childcare, we would interview potential sitters, get references and visit the place where the boys would go or have potential sitters to our home. I am pretty picky and very cautious when screening people as I wanted to feel safe and reassured with where they would be going, who would be watching them and how they would be treated. We no longer use daycare of any kind and only have great sitters come watch the boys in our home once in a while for us to go out for a night and I am thankful for that." — Shelly Lambert

"I have to know their family. They also have to know how to use our kid's EpiPen, so they get paid more to be careful." — @Ms_Nicole_M via Twitter

"Usually through other people's recommendations and their experiences. It's really hard to find responsible babysitters. And you are leaving your precious children alone with them. If I did not have any background info, I would request it and do the checks myself. I'm not above doing drop-ins until trust can be established. Kids love Facebook, so that would be my first stop!" — Alysia Czmuchalek

"Prior to this year we always chose family to care for our boys because we felt safer leaving them with someone we knew especially since one of our sons has communication difficulties. When family was no longer was an option, we relied heavily on personal recommendations from friends and general 'gut feelings' during interviews. I can say without a doubt this completely paid off because our sitter is an absolute gem!" — Michelle Grodecki

Based on availability, location, compatibility/home visit, and price. Each factor has an independent veto power." — Judy S



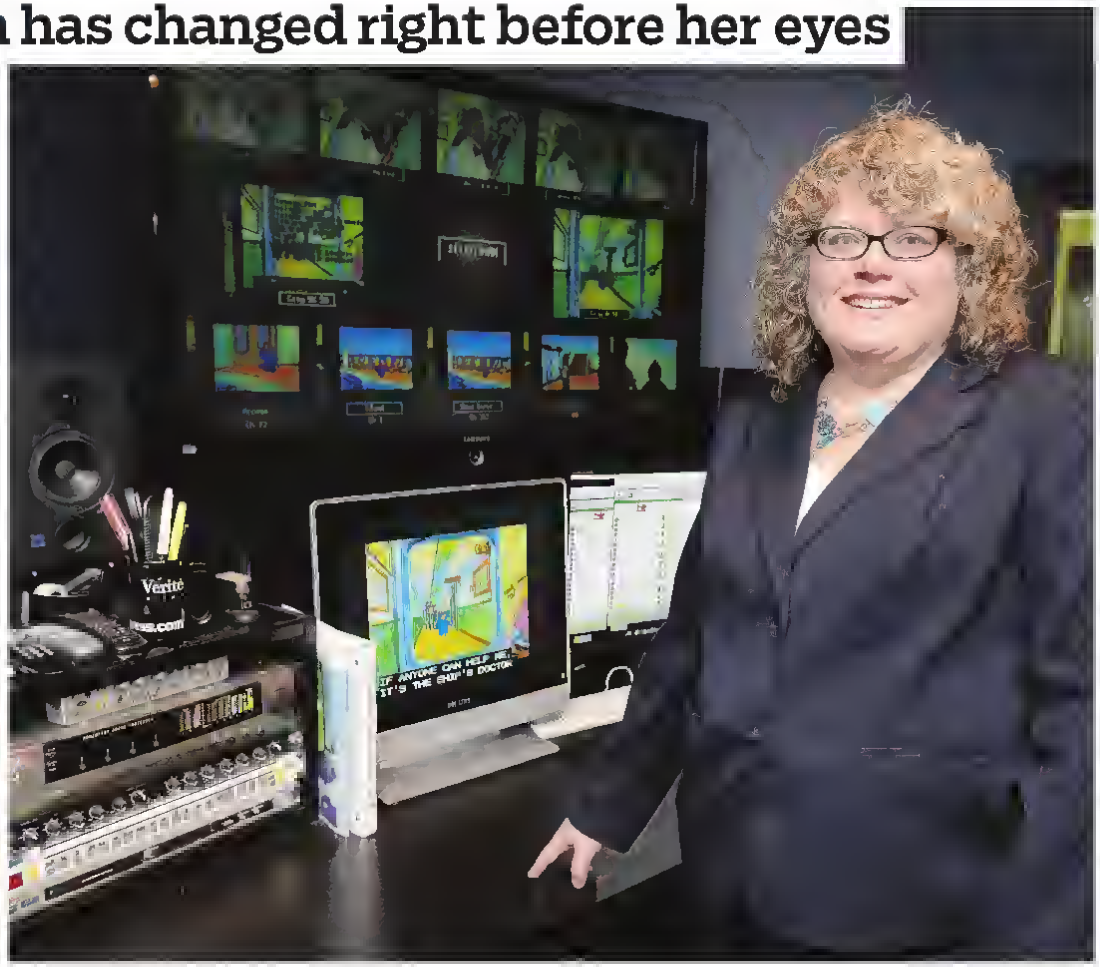


CITY FACES

JOANNA MCDONALD

Television has changed right before her eyes

By Rikkeal Bohmann



Joanne McDonald, general manager of City Saskatchewan in Regina, where she works to promote arts and cultural programming in the province. QC PHOTO BY DON HEALY

Not everyone can watch television all day and get paid for it, but Joanna McDonald has made a career out of doing just that.

"It's one of the few jobs you can justify watching TV all day," said McDonald, general manager of City Saskatchewan, formerly Saskatchewan Communications Network (SCN).

Originally hired as a temporary employee, McDonald never expected she would have made a career in television.

"I just never left," said McDonald laughing.

McDonald hasn't been bored since she began her career with SCN in 2001.

Now general manager she has her hand in almost every aspect of City Saskatchewan. From programming, production, master controls to administration, she has done it all to keep the station running smoothly.

Since McDonald began her career, she has been witness to many changes to the television industry in the province.

"When I started it was 100 channels and there wasn't as much competition for your attention as audiences. Over the years it has grown to the 500-plus channel universe," she said.

She was with the station when it was a public, educational television network. In spring of 2010, the Saskatchewan government cut off funding for the station, and it was purchased by Bluepoint Investments. It continued providing educational content, but received its biggest change once Rogers bought the station in 2012.

City Saskatchewan still provides educational programming through the day and national television programs during the evenings.

Some of the local programming includes a series aimed at preschool children that teaches yoga in a Saskatoon space and a three-part series exploring Saskatchewan's regional colleges.

Even though the end of the film tax credit changed what was being filmed in the province, McDonald doesn't expect local programming to die off any time soon.

"There's still an appetite for people to watch things like that."

For her programs like Corner Gas, Little Mosque on the Prairie and Renegade Press show the success the province has had in the television industry.

McDonald sees Saskatchewan as a place where there are a lot of stories to tell with a rich cultural history. She noted that many indigenous programs are now being produced in the province.

"It's great to provide people with stories from where we come from. I think it's important to reflect ourselves on TV," said McDonald.

Supporting arts and culture in Saskatchewan is important to McDonald. Amid her busy schedule, she volunteers for SaskCulture and the Yorkton Film Festival as a director on each of their boards.

"Without (arts and culture) I don't think we're a whole society," she said.

READ MY BOOK

LOCAL AUTHORS:
Writers tell us what makes their book worth reading

LOUISE TESSIER

A floral reflection of Jesus's life

It all began in a garden.

While many Bazaart and Wintergreen patrons may recognize my ceramic art tiles, they may not be familiar with my linoleum print illustrations, which are featured in the newly published book entitled The Garden Way of the Cross.

This small colourful book of prints and prayers, released in August of 2013 is based on the meditations of Father Thomas A. Stanley (deceased) of Dayton, Ohio, who generously gave me permission to pursue the publishing of this book.

In essence, The Garden Way of the Cross traces Jesus's steps from The Last Supper to The Resurrection and, instead of using the traditional human figures as illustrations,

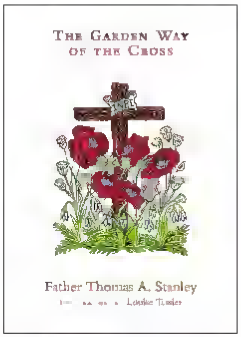


Louise Tessier

flowers and plants are used in their place. For example the red poppy (Papaver rhoeas) is used to describe when Jesus dies on the cross; the Bleeding Heart (Dicentra spectabilis) is used to describe when Jesus's side is pierced by a lance. Each of the 15 hand painted linoleum prints is accompanied by both a scripture passage and a corresponding meditation.

In medieval times through monks and minstrels, religious events were explained to the faithful by using the common flowers and plants of the region. As the people went about their daily lives, upon seeing certain flowers or plants, they would be able to recall a particular story or legend and then meditate upon it. As a result of this practice, many flowers have been given Marian names (referring to the Virgin Mary) such as Mary's Tears — Lily of the Valley and Mary's Heart — Bleeding Heart.

My hope in presenting The Garden Way of the Cross is that gardeners and believers of all denominations and of all ages will be moved by this novel way of reflecting on the Way of the Cross, which is a common practice during the season of Lent — especially on Good Friday. The Garden Way of the Cross stays true to the traditional meaning; however, by incorporating the flowers and plants, it provides a focus that is unexpected yet beautiful, comforting and universal.



The Garden Way of the Cross is published and available ($14.35) through Novalis, Canada's premier publisher of religious books (www.novalis.ca). It is also available in Regina at Burns Hanley Church Supplies or from Louise at www.gardenrhymes.com or ltessier@sasktel.net.

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ON THE SCENE

TELEMIRACLE 38

As they have for nearly four decades this weekend Saskatchewan people rose to the challenge to "ring those phones!" during Telemiracle 38.

All these years, the Kinsmen Foundation has united Saskatchewan people through the Telemiracle fundraiser which helps Saskatchewan people with accessibility and medical needs. This year was no different. Though the telethon took place from a stage in Regina (returning to Saskatoon next year), it yielded $5,285,744 in donations from across the province and beyond in just 20 hours (beginning at 9 p.m. on March 1 and wrapping up at 5 p.m. the next day). All money raised stays in the province.

The celebrity cast included Sesame Street star Bob McGrath, who has co-hosted almost every Telemiracle, and his sidekick Beverley Mahood, as well as Brad Johner, Andrea Menard, Donny Parenteau, Jess Moskaluke and others.



1. The Watson brothers from Swift Current came with their parents in their fancy toques. (From left) Ben, Jake and Brady.

2. Amanda Rienks (left) and Candace Rienks of the Broadview Kin Club on the phone line on the stage.

3. Long time host and Telemiracle legend Bob McGrath.

4. Performer Chad Brownlee.

5. Local guitar wizard Jack Semple plays in the orchestra pit.

6. Performer Brad Johner.

7. Telemiracle chair Clint Shkuratoff (centre) with Kin co-ordinator Raelynn Nicholson (left) and Marie Norwig.

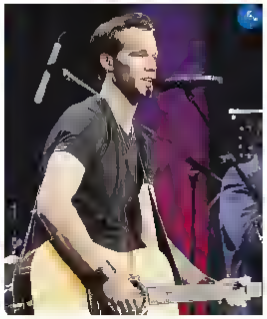
8. Little Miss Higgins (left) and Andrea Menard.

QC PHOTOS BY BRYAN SCHLOSSER



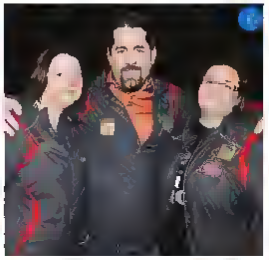






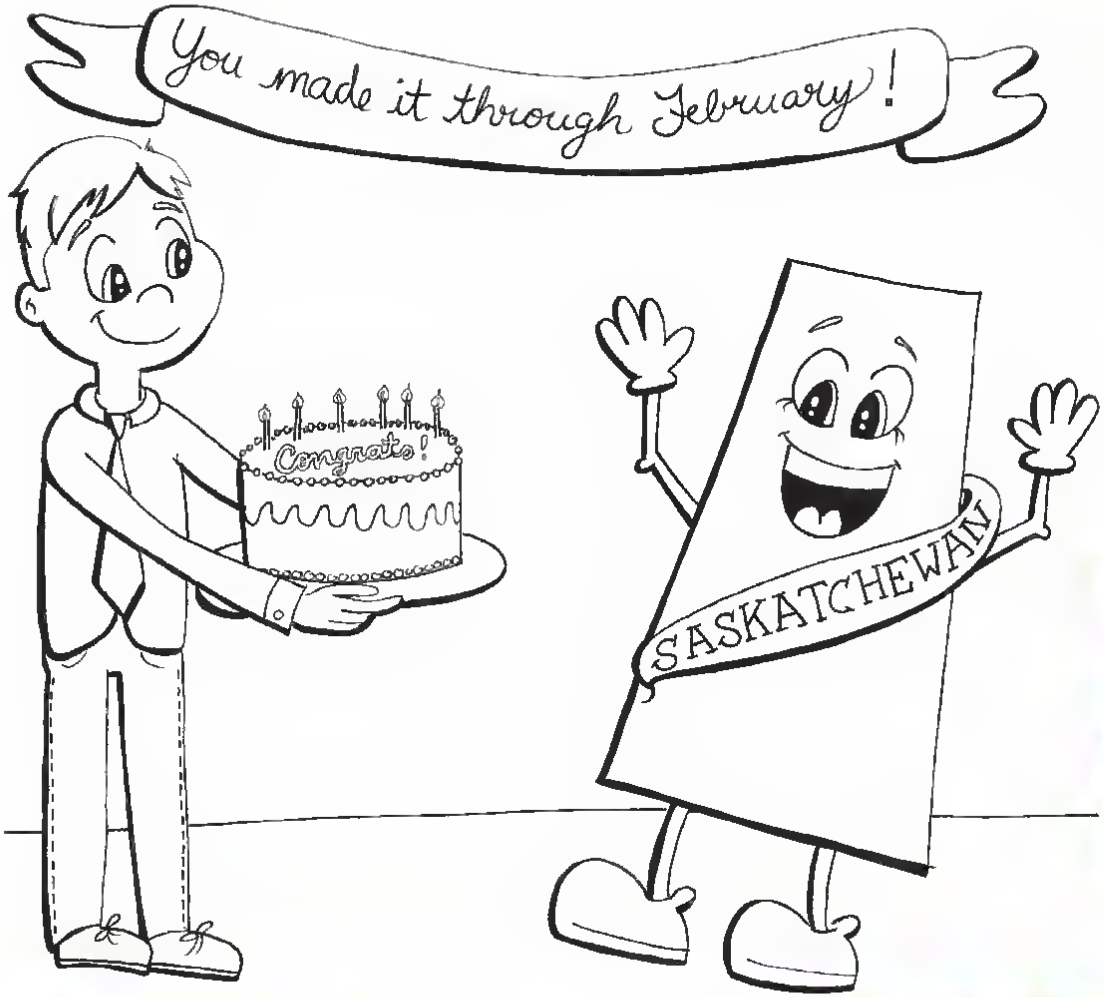








OUTSIDE THE LINES

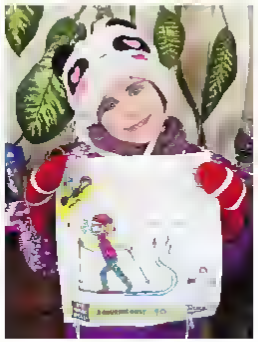


Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to qc@leaderpost.com by 9 a.m. Monday. One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.



Last week's contest winner is Eva Luna Apodaca. Thanks to everyone who submitted entries!

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EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, March 5

Wednesday Night Folk: Phantom Tide
Bushwakker, 2206 Dewdney

WayBack Wednesdays with Leather Cobra
McNally's, 2226 Dewdney Ave

Workshop with Kat Danser
7 p.m., The Club at The Exchange, 2431 Eighth Ave

Thursday, March 6

Pop Vegas
The Pump, 641 Victoria Ave E.

La Raquettes Clequettes
7 p.m., RCMP Heritage Centre, 5907 Dewdney Ave

Kinder Scout, Poor Nameless Boy and JJ Voss
McNally's, 2226 Dewdney Ave.

Queen City Rocks
The Exchange, 2431 Eighth Ave

Friday, March 7

Pop Vegas
The Pump, 641 Victoria Ave E.

Sean Burns Band
McNally's, 2226 Dewdney Ave.

Cheap Trick
Casino Regina Show Lounge 1880 Saskatchewan Dr.

Magnum
Eldorado, 2300 Dewdney

Gunner & Smith, Coldest Night of the Year
Artful Dodger, 1631 11th Ave

Dangerous Cheese
The Sip, 306 Albert St.

FPG, Bats Out!, Itchy Stitches, Astronaut Taylor
The Club at The Exchange, 2431 Eighth Ave

Saturday, March 8

Sean Burns Band
McNally's, 2226 Dewdney Ave

Magnum
Eldorado, 2300 Dewdney

Pop Vegas
The Pump, 641 Victoria Ave E.

Dangerous Cheese
The Sip, 306 Albert St.

Music of the Ballet
Regina Symphony Orchestra 8 p.m., Conexus Arts Centre 200 Lakeshore Dr

Intergalactic Virgin DJ set
Artful Dodger, 1631 11th Ave

Sunday, March 9

Del Barber
Artful Dodger, 1631 11th Ave

Disabler, Failed States, The Man and His Machine
The Club at The Exchange, 2431 Eighth Ave

Monday, March 10

Monday Night Jazz & Blues: 'round midnight
Bushwakker, 2206 Dewdney

Weekly Drum Circle
Instruments provided 7:30-9 p.m., The Living Spirit Centre, 3018 Doan Dr
Call Mike at 306-550-3911

Rick Harris Jazz
Fortuna Ristorante Italiano, 3215 E. Quance St

Latin Lounge salsa dancing
8 p.m., Artful Dodger 1631 11th Ave

Tuesday, March 11

Rick Harris Jazz
Fortuna Ristorante Italiano, 3215 E. Quance St

Karaoke
Artful Dodger, 1631 11th Ave

ART

Walking Lines/Saskatchewan
Collaborative works by artists Rodney Konopaki & Rhonda Neufeld; unconventional landscapes of the prairie.
Until March 5. Art Gallery of Regina, Neil Balkwill Civic Arts Centre, 2420 Elphinstone St.

Lucien Durey and Katie Kozak: Baba's House
Until March 6. Dunlop Art Gallery – Sherwood Village Branch, 6121 Rochdale Blvd.

Chilly Scenes of Winter
Show and sale presenting photography of Saskatchewan scenes.
Opening reception March 7, 5-9 p.m. Runs until April 25
Creative City Centre, 1843 Hamilton St

Beyond Friberg: The Mounted Police in Art
Until March 31. RCMP Heritage Centre, 5907 Dewdney Ave.

Contemporary Canadian Perspectives
The Artists of Scott Nicholson Fine Arts
Until March 31. Government House, 4607 Dewdney Ave

Deville Cohen: Poison
Black-and-white Xerox images create dreamy, fragile, and cleverly theatrical stage settings for an 18-minute video.
Until April 3. Central Library Mediatheque, 2311-12th Ave

Ian Johnston: Reinventing Consumption
A three-room installation featuring sculptures examining creation and consumption
Until April 3. Dunlop Gallery RPL Central Library, 2311 12th Ave.

Shirin Neshat : Soliloquy
A dual projection video installation by world renowned Iranian-American artist Shirin Neshat, complementing the work of Saskatchewan filmmaker and video installation artist Amalie Atkins.
Until April 27. MacKenzie Art Gallery, 3475 Albert St

Barbera Steinman: The Giants' Dance
Photographic installation explores the relationship between personal belief and organized religion. Programmed in response to Soliloquy by Shirin Neshat
Jan. 25-May 4. MacKenzie Art Gallery, 3475 Albert St

Canadiana
What does it mean to be Canadian?
Until June 14. MacKenzie Art Gallery, 3475 Albert St

Amalie Atkins: we live on the edge of disaster and imagine we are in a musical
Video installation highlighting the work of Saskatoon filmmaker Amalie Atkins
Until June 14. MacKenzie Art Gallery, 3475 Albert St.

COMEDY

Laugh Anyway Comedy Night with Elijah Tindall
March 5, 9 p.m. The Artful Dodger, 1631 11th Ave.

Resonate Youth Comedy Night with Elijah Tindall
March 7, 7 p.m. Calvary Baptist Church, 190 Rink Ave

Elijah Tindall
March 9, 7 p.m.
Avonhurst Pentecostal Church, 3200 Avonhurst Dr

FILM

Filmmaker Jennifer Baichwal artist talk
March 5, 11:30 a.m. U of R Education building room 113

Watermark
Filmmaker Jennifer Baichwal in attendance, Q&A to follow screening.
March 5, 9 p.m. RPL Film Theatre, 2311 12th Ave

PERFORMANCE

Venus in Fur
The Golden Apple Theatre production starring Amy Matysio and Daniel Arnold.
March 4-22, 8 p.m.
The Artesian, 2627 13th Ave

Rhythm, Memories, (E)motion, Imagination, Image-making - Finding the poem/vignette
Spoken word performance workshop with Lillian Allen
March 5, 4:30-6:30 p.m.
Creative City Centre, 1843 Hamilton St.

Lillian Allen spoken word workshop
March 6, 2-4 p.m.
MacKenzie Art Gallery, 3475 Albert St.

Vertigo Series Open Stage
Featuring Lillian Allen and Brian Templeton
March 6, 7 p.m. MacKenzie Art Gallery, 3475 Albert St

How to Give Feedback
Workshop for poets and performers
Every Thursday, 7-9 p.m.
Creative City Centre, 1843 Hamilton St.

The Dresswriter (Working Title)
A Rouge-gorge production
A new creation by Robin Poitras in collaboration with guest artists Daniel Storto, Rober Racine, Clifford Wiens and Edward Poitras
March 6, 7, 8 & 9. New Dance Horizons, 2207 Harvey St.

The Vagina Monologues
March 8, 7 p.m. The Exchange, 2431 Eighth Ave.

The White Room - Ian Nelson
UpStage at the Centre
March 8, 7:30 p.m.
Creative City Centre, 1843 Hamilton St

Bugsy Malone
Do It With Class
March 11-13, 12:30 and 7:30 p.m. Conexus Arts Centre Shumiatcher Room

Vontrapped: The Sounds of Music
Until June 13
Applause Dinner Theatre, lower level. 1975 Broad St.

SPECIAL EVENTS

Regina Pats vs. Edmonton
March 5, 7 p.m.
Brandt Centre, Evraz Place

Monthly ALES brewing club meeting
A Beginner's Guide to Hefeweizens and Competition Brewing
March 5, 8 p.m.
Bushwakker basement clubroom, 2206 Dewdney Ave

Rethinking Cannibalism: Sensory Ecologies of Death in Amazonia and Beyond
March 6, 7:30-9 p.m.
U of R Classroom Building room 112

Talking Fresh 12
Exile | Writing Beyond the Borders featuring Colleen Murphy, Armand Ruffo and Lillian Allen
March 7, 4-9 p.m.
March 8, 9:30 a.m.-4 p.m.
U of R Research and Innovation Centre room 119

Professional Life: Balancing Work and Family with speaker Zarqa Nawaz
An international Women's Day event.
March 7, 4:30-5:30 p.m.
U of R Education Building room 191

Nature Regina Field Trip
Dieppe Place & A. E. Wilson Park. March 8, 9:30-11:00 a.m.
Meet at the Royal Saskatchewan Museum parking lot, 2445 Albert St. at 9:15 a.m. OR at Dieppe School parking lot, 145 Dorothy St., at 9:30 a.m.

Event listings are a free community service offered by QC. Listings will be printed if space permits

CROSSWORD

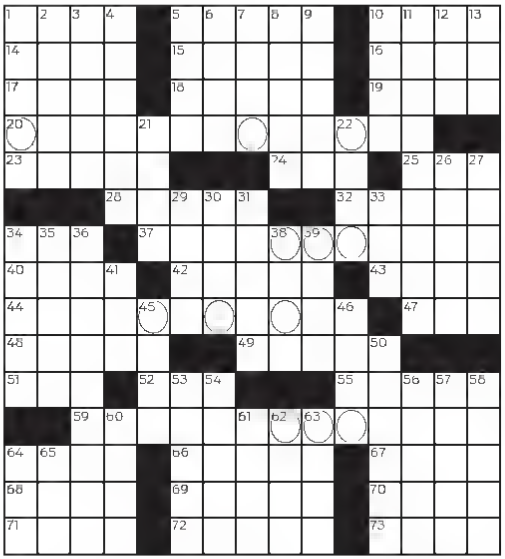
NEW YORK TIMES *Edited by Will Shortz*

ACROSS

1 Part of una casa
5 Totally disgusted
10 Compressed pic, of a sort
14 Let off
15 Brief concession
16 Brewery fixture
17 Spa wear
18 See 22 Down
19 Hospital sticker
20 A general and his country
23 Loaded with substance
24 Title for a J.D. holder
25 Impossible point total in American pro football
28 Clandestine sort
32 Remove, as a corsage
34 Trigram on rotary phones
37 A hoops great and his league
40 Cake similar to a Yodel
42 Battle zone of 1956 and 1967
43 Baja resort area
44 A comic and his former show
47 Kobe cash
48 Cassette half
49 Soup alternative
51 Brian who's a self-professed "nonmusician"
52 Part of a bridle
55 Harem wear
56 A president and his conflict
64 Mazar of "Entourage"
66 What "-phage" means
67 Wear a long face
68 ___ ether
69 Final part of most Broadway musicals
70 Away from the wind
71 Like candy corn's texture
72 Woman's golf garment
73 Motorola phone brand

DOWN

1 Immunizing fluid
2 Whac-___ (carnival game)
3 Benghazi's land
4 Bikini atoll trials, informally
5 Word after "take" or "give me"
6 New Haven collegians
7 Fruity candy since 1945
8 Grammarian's concern
9 Exerters of pressure, maybe
10 W.C.
11 Ante up
12 Psychic's "gift," for short
13 Classic muscle car
21 1/1 title word
22 With 18-Across, an old term for brandy
26 Weeper of myth
27 Scandalous company with a tilted-E logo
28 Joy Adamson's big cat
30 Opposed to, in dialect
31 Classifications
33 View from Ft. Lee, N.J.
34 Thumb-sucking, e.g.
35 "The Kiss" sculptor
36 Spar with nobody
38 Simba's mate
39 Jessica of "7th Heaven"
41 Kipling's "Follow Me ___"
45 1968 N.L. Rookie of the Year Chris
46 Noted first name in R&B
50 San Diego-area horse-racing venue
53 Bits of creativity
54 Follow, as a UPS shipment
56 Sicilia, per esempio
57 "J to tha L-O!" artist
58 Smile like Snidely Whiplash
60 In need of a shampoo, say
61 German Expressionist ___ Dix
62 Small dam
63 Order in the court
64 It might get your feet wet
65 Bambi's aunt



PUZZLE BY MICHAEL BLACK

JANRIC CLASSIC SUDOKU

Level: Silver

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

	5	1				9		4
			1		7		5	
	8			5			3	
	1				2			
2	7	5		9		3	4	6
			5				2	
	9			1			6	
	2		7		4			
6		4				8	1	

Solution to the crossword puzzle and the Sudoku can be found on Page 19

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SHARP EATS

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#SASKATCHEWAN FOOD TRENDS

Comedian seeks prairie food adventures in series

By Jenn Sharp



One of Jody Peters's favourite dishes on The Prairie Diner were ash cured scallops served with buffalo chips, grilled oyster mushrooms and a fermented garlic aioli from Deer + Almond in Winnipeg SUBMITTED PHOTO

A small-town Saskatchewan boy visits restaurants in three western provinces to unearth the best hidden gems for the camera. It's a mouthwatering recipe for success and watching The Prairie Diner will make you want to take a road trip. But it might just be to somewhere close.

Host of the City Saskatchewan and Zoot Pictures Inc. series Jody Peters says we all have a favourite restaurant, but we don't always search for something new. Take the 40-seat Harvest Eatery & Fresh Market in Shaunavon. Chef Garret Thienes cooks up a slow-roasted beef brisket so good it sells out every night. Harvest is just one of the region's restaurants that's worth the drive.



Jody Peters hosts City Saskatchewan and Zoot Film Inc.'s new series The Prairie Diner. The food adventure show introduces people to hidden gems and the best eats in the three Prairie provinces SUBMITTED PHOTO

JENN SHARP: Why did you want to do The Prairie Diner?

JODY PETERS: I love new opportunities. I've done comedy for 16 years and acted since 2000. I'm a guy who grew up in the '70s and '80s when the term ADHD didn't exist yet but I would have totally been diagnosed with it! This plays into that. There's a new place every single time we shoot — new restaurant, new dishes, new people, new scene. That's what I love about it.

JS *Is there anything you won't eat?*

JP No. I'll try it all, for sure. But I'm definitely not an 'eat something on a dare' type of guy. There was a number of things (on the show) that were not what I would choose.

JS *What was the grossest?*

JP Well, nothing was gross but one of the strangest – we had duck feet at a dim sum place in Winnipeg. The preparation was seven or eight hours. They steamed forever and were sauteed. We weren't trying them raw! But then you eat it and it falls off the bone. But it wasn't meat — it's skin essentially or whatever duck feet are made of. The texture was odd. It was one of those things where you had no idea what it was going to be like at all.

And then you've gotta deal with all these bones — the foot bones. So I'm looking for places to spit bones out and thinking "Should I do this on camera?" This is going to look bad. Then one guy told me to put the whole thing in my mouth. I'm not doing that. I would feel bad if I had to spit something out if it didn't fit in my mouth.

JS *What dish do you still think about?*

JP There were some amazing scallops I had at Deer + Almond in Winnipeg and a steak at the Olive Tree (north of Saskatoon). Steak, you know what you're getting but she created this amazing combination of bananas and chocolate and coffee beans and chilis flambeed with rum and wine. It was wild! That was an amazing steak.

I've had scallops countless times but this guy (Mandel Hitzer) had cured the scallops in hardwood ash in his smoker. Then he took the ash and cured the scallops in that for days. We seared them lightly on each side and put a fermented garlic aioli on them. It was a humongous process. We were dumping oil and whipping, my arm was getting tired! It was unreal. It was much harder than I thought it was going to be.

JS *The Prairie Diner is described as a food adventure series. What was the best adventure?*

JP The Grizzly House in Banff. You can have any kind of meat you want — frogs' legs, rattlesnake — and it tastes good. That was a swingers club back in the day. Every table had a phone at it and on your menu there was a directory for the other tables, so if you saw a nice looking lady you could call her. These blazing hot slabs of granite come out and you put garlic butter on it, and you cook your meat.

JS *Where did the funniest moment of the show happen?*

JP Food trucks had just started up in Saskatoon so we went to Disco Dogs. The real business comes at night after the bar. That's when they pull out the disco ball and the music's pumping. By chance, it was male stripper night. We were out in the parking lot. All these ladies coming out of there have been watching strippers and they wanted a hot dog! These women were hammered. I don't know if we'll be able to use any of that footage but it was hilarious.

The Prairie Diner's first season airs on City Saskatchewan through April on Tuesdays at 10 and 10:30 p.m.

This interview has been edited and condensed for publication purposes.

jksharp@thestarphoenix.com
Twitter.com/JennKSharp

WINE WORLD

IKELLA CABERNET SAUVIGNON

Warm up a cold commute with this Argentina Sauv

By James Romanow



In general, Cabernet Sauvignon is one of those grapes people like more in theory than in fact. There are people who adore the stuff, but for the majority of the population it is a little too stern. The tannins are strong and the wine became famous because it only unbent at about age 20. This gave the grape the cachet of fine old wine and everyone rushed to drink the stuff … once anyway.

In recent times any amount of modern science has been thrown at the grape and the result is a drinkable wine at about age three. (And for those of you of scientific bent, Nathan Myhrvold recommends another 30 seconds in the blender.) Argentina, a country with an even more benign desert than California, has taken this information and run with it. They bottle several quite mellow — for Cabernet — wines that are drinkable young.

Melipal has mostly made its name here as a fine Malbec producer and have introduced a lower-end label, Ikella, to help those of limited means enjoy decent wine. The Cabernet SLGA staff assure me "it's leaping off the shelf."

It's a fruity wine, full of plum and black cherry that is very appealing, but behind that there is some cloves and spice and a touch of earth. The tannins are however quite firm with a solid structure. If you are thinking of trying a Cabernet or learning to like the stuff, this is a great wine to try.

The structure is sturdy enough for wine geeks to love and the fruit enticing enough for those getting away from the "smooth red" category. This is the perfect wine to warm you up after a cold commute.

Ikella Cabernet Sauvignon, Argentina, 2010, $17, ****

I'm hosting a trip to Napa. Details at drhooze.com

Crossword/Sudoku answers

S	A	L	A			F	E	D	U	P		J	P	E	G
E	M	I	T			I	L	O	S	E		O	A	S	T
R	O	B	E			V	I	T	A	E		H	Y	P	O
U	L	Y	S	S	E	S	S	G	R	A	N	T			
M	E	A	T	Y					E	S	Q		O	N	E
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P	R	S		E	L	G	I	N	B	A	Y	L	O	R	
H	O	H	O			S	I	N	A	I		C	A	B	O
A	D	A	M	S	A	N	D	L	E	R		Y	E	N	
S	I	D	E	A				S	A	L	A	D			
E	N	O		B	I	T					V	E	I	L	S
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D	E	B	I			E	A	T	E	R		M	O	P	E
E	N	O	L			A	C	T	I	I		A	L	E	E
W	A	X	Y			S	K	O	R	T		R	A	Z	R

3	5	1	2	8	6	9	7	4
4	6	9	1	3	7	2	5	8
7	8	2	4	5	9	6	3	1
9	1	3	6	4	2	7	8	5
2	7	5	8	9	1	3	4	6
8	4	6	5	7	3	1	2	9
5	9	7	3	1	8	4	6	2
1	2	8	7	6	4	5	9	3
6	3	4	9	2	5	8	1	7

ASK ELLIE

If your wife won't see a counsellor, go alone

Ask Ellie



Q: After 28 years of marriage and two children my wife recently said we should go our separate ways.

I was blindsided. We've had humps in the road, but until last year, seemed to be doing well.

I'd asked then if anything was wrong as she withdrew and preferred her own company.

She's joined an all woman exercise class, has been doing a lot of positive thinking, writing everything down, keeping track of all her expenses.

I've offered to see a marriage therapist, but don't know how to find a good one in my area.

Stunned

A: Even if your wife won't attend counselling with you, go alone. Ask the therapist for help starting an open and honest conversation with your wife about why her feelings have changed.

You need this talk, to show your desire to understand what she's feeling.

Tell her she's shown strong signals of increased independence and you respect this.

Once you open the discussion she may agree to go to marital therapy with you.

To search for a marriage counsellor, read "Find A Therapist" on my website, www.ellieadvice.com.

Q: My sister and her three children moved back here from another country a decade ago. Her husband had been physically abusive to her several times in the past, but she'd stayed with him. He followed her here.

She soon discovered that he'd had a long-term affair. Their bitter divorce involved court ordered child support, which he has never paid.

He returned to his home country. She barely allows him to contact his children, as it upsets them and her.

She doesn't work, and may lose her house soon. My brother, our mom, and I have been supporting her.

She's on disability for a diagnosed mental health disorder, is depressed, and in therapy. Her children are troubled.

If we try to give her advice, she gets upset and angry.

She lives near our ailing mom but has little contact with her.

Our family has tried to encourage contact as Mom is hurt, but she says that she has too many problems to handle this too.

My relationship with her is superficial as I can't be honest with her.

Therapy doesn't seem to be helping her at all. I doubt she'd agree to my attending a therapy session with her so I haven't made the suggestion. This situation's affecting all of us.

My brother believes she has suicidal thoughts.

Do we just let her fall, and let mom cry, and see where the chips land?

Distraught Family

A: Your family is too caring to walk away from her. You're all naturally frustrated, worried about your mom, and her, not to mention her children.

Your sister's avoiding your mom and easily upset because she truly is overwhelmed.

The legal system would be one route to pursue, to get the financial support owed by her husband, but his living in another country makes that difficult. Still, it's worth checking with the court and a lawyer about any international agreements and methods to pursue this.

Tell your sister how much you all care and do ask if you can attend therapy with her (to support her, not to speak for her). Do NOT give her advice, but help her seek it. The therapist needs to know she's mentioned suicide.

She also needs supportive interest regarding her children.

Offer to accompany her to visit Mom, for both their sakes. It's currently too much for her, on her own. Your mother will accept that her daughter's situation creates crippling isolation, if you and your brother do so.

Q: My boyfriend and I had sex without protection. What do I do?

Panicked

A: Deal with reality. Panic only delays what you need to know.

Take a pregnancy test, soon.

Also, get tested for sexually transmitted infections (STI's), in case one or both of you has been careless about sex previously.

A positive test on either possibility means getting to a doctor or clinic, fast.

Hopefully, your boyfriend's mature enough to take responsibility along with you. Both of you can then discuss together any decisions required, medically and emotionally.

However, if you or he are under-age and/or dependent on parents, ask for their help to understand the options and make choices you can handle.

If that's impossible, ask a trusted adult, school counselor or youth agency social worker (e.g. local YWCA youth program) for guidance.

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